SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 16 SHOPPERS DRUG MART

EXCLUSIVE

HE'S THE ROCK STAR OF THE BUSINESS WORLD, BUT YOU MAY BE SURPRISED BY THE GLOBAL REACH OF THE AUDACIOUS SIR RICHARD BRANSON. TODAY, METRO PROFILES:

- POLITICS, AND HIS WORK WITH YOUNG AND OLD WHO ARE CHANGING THE WORLD PAGE 8
- BUSINESS, AND A NEW KIND OF ENTREPRENEUR PAGE 10
- CULTURE, AND THE SEVEN THINGS THAT FUEL HIS PASSION PAGES 14-15
- STYLE, AND HIS TRADEMARK CASUAL-CHIC LOOK PAGE 19
- DRUG LEGALIZATION. BRANSON IS IN FAVOUR, BUT WOULD IT WORK? FIND OUT AT METRONEWS.CA

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LONDON metro®

Thursday, October 4, 2012

News worth sharing.

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THE GLOVES ARE OFF

U.S. President Barack Obama greets his rival, Republican candidate Mitt Romney, during Wednesday's presidential debate at the University of Denver. The first of four debates leading up to the November election was moderated by PBS's Jim Lehrer and focused on U.S. domestic issues: the economy, health care and the role of government. To read more about the debate, go to metronews.ca. CHIP SOMODEVILLA/GETTY IMAGES

So long, rinkside goal judge

'Redundant.' Ending a long tradition, the OHL has parted ways with historic officials

JOHN MATISZ
john.matisz@metronews.ca

Video killed the radio star. And now, the rinkside goal judge as well.

At the Ontario Hockey League's annual meeting in August, the board of governors voted to eliminate the role of the rinkside red-light pusher. A couple of weeks into the 2012-13 season, London Knights fans are beginning to notice the absence of behind-the-net goal judges. While these off-ice officials aren't losing a "real" job — they worked as volunteers or for an honorarium — it's certainly a change.

"You can't go anywhere in the building without somebody asking you, 'How come you're not down there goal-judging?'" said Dave Longfield, a judge at Knights games from 2000 to 2011. "You get it continuously."

The decision to ice the role starts and ends with advancements in video-replay technology. Just like the NHL in 2006, the OHL decided the human element associated with goal-judging is irrelevant.

"Now that we have video and four on-ice officials," said Conrad Hache, the OHL's director of officiating, "they're redundant."

Former goal judge Dave Longfield JOHN MATISZ/METRO

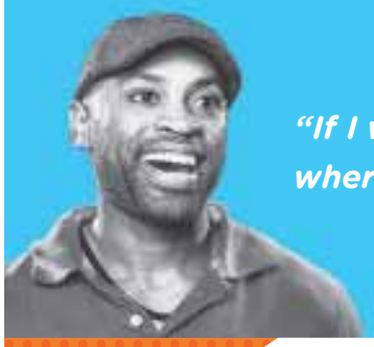
Here's the score

- Goal judges were introduced in 1877.
- They were initially called umpires.
- Only a handful of NHL goal judges remain.

Longfield, a 75-year-old former salesman at Corus Radio, doesn't dispute the league's reasoning. After all, the red light still flashes after a referee signals a goal has been scored. The main difference is someone in the press box is flipping a switch instead and, naturally, does so at a slower pace.

In the end, the longtime Knights supporter believes the game has lost a bit of its lustre.

"It inspires the crowd," Longfield said. "The puck goes into the net, you flip the light on and everybody cheers. It's great. Now, it's kind of a delayed reaction."



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Bullies beware. Time for The Pledge

"I pledge to be respectful of others and stand up against bullying whenever and wherever I see it." This is the pledge students and teachers are making this fall to encourage bystanders to become "upstanders."

The Pledge is an award-winning campaign by the Thames Valley District School Board, in partnership with CTV London, to stop bullying in local schools.

"About 74,000 people signed our pledge last year," said Julie Maltby, co-chair of The Pledge. "By raising awareness, we have the opportunity to educate students about the effects of bullying, and how to stop it."

The initiative hopes to provide a safer learning environment for students and staff.

"We encourage students to become upstanders, and to stand up to bullying by taking the appropriate actions," says Maltby. "As part of our Safe Schools initiative, the Thames Valley District School Board offers students safe and anonymous methods to report bullying. Students can now even anonymously report bullying incidents through most of our school's websites."

Maltby says the results have been visible in London schools.

"We see in schools a change of behaviour regarding bullying. Teachers are active in the classroom, and bullying prevention has become a part of the school curriculum. We are seeing improvement."

Representatives from community organizations will join the director of education Bill Tucker and CTV regional vice president Don Mumford at 8 a.m. on Thursday to launch the 2012 Living The Pledge campaign at Covent Garden Market.

ANDREW SERCOMBE/FOR METRO

Laurie Gould, executive vice-president of patient-centred care at London Health Sciences Centre, speaks Wednesday at the hospital about how a donation from Royal Bank of Canada will improve immigrant access to mental health care. ANGELA MULLINS/METRO

Mental health program aimed at immigrants

Initiative. London Health Sciences Centre, Children's Hospital teaming up with community groups, Western to focus on 'vulnerable' population

ANGELA MULLINS
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London Health Sciences Centre and Children's Hospital have received $1.3 million to break down barriers faced by immigrants in need of mental health care.

The Royal Bank of Canada donation will launch a program focused on children and adults who have witnessed violence or been forced from their native countries. Studies have shown that immigrants often don't know how, or are afraid, to get help with mental health issues, officials said.

Over the past several years, referrals to LHSC have reflected the problem, said Beth Mitchell, director of the hospital's mental health care program.

"Families have been torn apart, experienced loss or horrendous violence and many are finding the transition to Canadian culture challenging," Mitchell said. "Issues of language, isolation, fear make seeking help difficult, if not impossible.

"Many are afraid to come to the hospital. They're afraid of what might happen to them. They're afraid they're going to lose their children if they seek help. They're afraid of what might happen if they call police for a mental health issue.

"These are experiences that come from their home cultures that cause them not to seek help in our community."

Some of the first steps will be figuring out how the program should be structured and doing outreach so people, like school officials, will be able to identify people who might be suffering, Mitchell said.

Ultimately, she said, the initiative will be designed to "connect the dots" between hospital and community-based programs.

Western University will be a partner in the program. The partnership is expected to lead to specialized training for future health-care providers and research around trauma in immigrant populations.

RBC's donation marks one of the first in a new London Health Sciences Foundation fundraising campaign.

A goal for the campaign hasn't been established, said Dan Ross, the foundation's president and CEO.

It's expected to be formally launched early next year.

By the numbers

22%

Approximate number of Londoners who are new Canadians. Source: 2006 census.

Crime. Two more facing murder charges in London shooting

Police have arrested a second man and are looking for a third in connection with a fatal Sunday shooting at Richmond and King streets.

Dominique Mossel, 20, of London was arrested Wednesday for multiple offences, including second-degree murder.

Police are looking for Darrien Hinkson-Harris, 21, of Kitchener, wanted for second-degree murder and 13 other charges. He is described as black, 6-feet-2 and 161 pounds. He has short black hair, brown eyes and a goatee.

"If seen, do not approach and call 911," police said in a statement. "He should be considered armed and dangerous."

If you know anything

Anyone with information is asked to call police at 519-661-5670, or Crime Stoppers at 1-800-222-TIPS (8477).

Terrell Johnson, 21, of London was killed and a 28-year-old Londoner was injured when gunshots rang out about 3:10 a.m. Sunday, police have said.

Joshua Carter, 22, of London was arrested and charged with second-degree murder later the same day.

ANGELA MULLINS/METRO

City hall. Councillor blasts citizens' survey

London's 15 politicians have responded to a survey aimed at figuring out how well they're engaging citizens.

But one, Coun. Paul Van Meerbergen, isn't playing by the rules of the effort led by four self-described "random" Londoners who came together for a common cause.

"I have received your demand for survey results/answers … I am unable to provide you with what you want. It is not your job to demand accountability on civic responses from councillors," read a portion of Van Meerbergen's three-paragraph response, which he shared via email with Metro.

"I do face-to-face, not Facebook. Constituency work is not based on a sentence-and-a-half on Twitter."

Coun. Paul Van Meerbergen HANDOUT

Van Meerbergen also criticized the premise of the group's questions.

"Your original premise for this initiative is false," he wrote. "It is not the case that electorate is guided or motivated by the levels of communications pumped out by councillors on city hall expense accounts."

The Citizen Engagement in London Ontario (CELO) survey asked councillors and Mayor Joe Fontana to answer 25 questions about how they connect with voters.

Monday was the deadline for responses, and everyone but Van Meerbergen submitted their answers in time. In the email to Metro, the Ward 10 councillor said he had it "prepared on the weekend but was occupied with business."

ANGELA MULLINS/METRO

Online extra

To read Coun. Paul Van Meerbergen's full response to the CELO survey, visit metronews.ca.

SMEN 1

Mobile news

Qriket

Sesame Street grows up with its latest take on HBO's Boardwalk Empire and True Blood. Scan the code to watch the episode.

Multi-faith vigil

Praying for a cause

Faith communities around the province will hold prayer vigils around Thanksgiving for the eradication of poverty in Ontario. London's vigil is Thursday at St. Peter's Cathedral Basilica (533 Clarence St.) from noon to 1 p.m. People are invited to bring food donations for the London Food Bank. METRO

Ticket pre-sale Tuesday

This guy knows science

Bill Nye is coming to Western University. The Emmy award-winning host of Bill Nye the Science Guy will be at Alumni Hall on Nov. 20. He's invited by the Science Students' Council to "speak on the importance of science and further foster the pursuit of it by Western students." AM980/AM980.CA

Bill Nye GETTY IMAGES

Details at InfoDays.ca

Brain tumour experts convene

Top brain tumour specialists are presenting workshops in London on Oct. 12 to discuss the future of treatment with patients and health-care professionals. Rolando Del Maestro, neurosurgeon and co-founder of Brain Tumour Foundation of Canada, is the keynote lecturer. METRO

RONA fundraiser

Clowning around for SickKids

RONA staff across Ontario will don wigs, red noses, and clown costumes Saturday to collect donations for The Hospital for Sick Children. Last year's inaugural event raised more than $27,000 across Ontario. London's RONA stores will offer kid-friendly activities from 9 a.m. to 3 p.m. METRO

Indigenous education

Paul Martin to speak at summit

Former prime minister Paul Martin will deliver opening remarks Thursday at the Indigenous Education Summit in Niagara-on-the-Lake. The event, dedicated to improving education for indigenous learners, is facilitated in part by Western's Aboriginal Policy Research Consortium. METRO

Forest City in the spotlight at forestry conference

Urban forest strategy. Canopy conservation, emerald ash borer among topics being discussed with experts

ANDREW SERCOMBE
london@metronews.ca

London's very own forestry efforts are being showcased to experts from California, Washington State and across Canada this week at the Canadian Urban Forest Conference at the convention centre.

"The conference is part of London's new urban forest strategy," said Ivan Listar, London's manager of urban forestry. "This strategy is to guide the next 20 years of urban forestry development in London.

About the conference

- This is the 10th annual CUFC.
- The conference is held every two years.
- The conference marks Tree Canada's 20th anniversary.

That's our name

"With proper conservation and development, we will continue to live up to our Forest City name."

Ivan Listar, London's manager of urban forestry

"It is an initiative to study the way forests are affected by how our city lives, grows and prospers."

The conference includes field tours for guests and speakers to different locations in London, as well as discussions on topics such as canopy conservation, forest development in urban centres, and the emerald ash borer.

Tom Tidwell, the chief forester for the U.S. Department of Agriculture, was presented an award of recognition Wednesday at the arboretum at Storybook Gardens.

"To have Mr. Tidwell here is very exciting," said David Nowak of U.S. Forest Service. "He has been involved with forestry most of his life, and overseas all forestry research for the United States government."

The conference ends Thursday.

For more information, visit cufc10.ca.

Ivan Listar, London's manager of urban forestry, addresses a panel of speakers Wednesday at the Canadian Urban Forest Conference at the London Convention Centre. The annual gathering wraps up on Thursday. ANDREW SERCOMBE/FOR METRO

McGuinty off to China, he reveals via social media

Premier Dalton McGuinty delivers a speech at the Ontario Liberal's annual general meeting in Ottawa last Saturday. FRED CHARTRAND/THE CANADIAN PRESS

Ontario Premier Dalton McGuinty announced his fourth trade mission to China on Wednesday, posting a video on social media sites before issuing a traditional news release.

McGuinty took to Twitter and Facebook, and China's Weibo network, to announce he would lead a delegation of government officials and business leaders to China, Ontario's second-largest trading partner, with $29 billion in two-way trade in 2011.

"This trade mission is all about working together to seize opportunities to grow our economy and create more jobs," McGuinty tells viewers.

"Each visit makes it more clear that China is one of the world's most dynamic economies and that Ontario companies have what it takes to help China meet its priorities, like clean water, clean technology and agri-food production and innovation."

Ontario has always had a strong friendship with China and now's the time to make it even stronger, added McGuinty.

The mission, which starts Jan. 20, will include meetings with Chinese government officials and business leaders, with stops in Shanghai, Nanjing, Beijing and Chengdu.

The delegation will also include Economic Development Minister Brad Duguid and Tourism Minister Michael Chan.

THE CANADIAN PRESS

Benefits of trade missions

- McGuinty has led trade missions to China, Hong Kong, India, Pakistan, Israel, the West Bank and Lebanon since 2005.
- The government says the trips raised Ontario's profile as a global leader in clean energy, innovation and life sciences, resulting in over $1.5 billion in business agreements.

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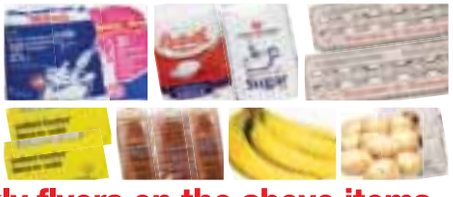

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Nevins gets comfortable in London

Gritty forward. After a quietly notable debut as a London Knight this past weekend, Jack Nevins hopes to stay put as regular in defending champs' lineup

Jack Nevins ONTARIO HOCKEY LEAGUE

London Knights rookie Owen MacDonald carves around Anaheim Ducks star Corey Perry during a practice drill on Wednesday. The former Hart Trophy winner and ex-Knight paid a visit to Budweiser Gardens, along with L.A. Kings defenceman Drew Doughty, to get in a fast-paced workout as the NHL lockout continues. JOHN MATISZ/METRO

JOHN MATISZ
john.matisz@metronews.ca

The 2012 calendar year has been a nomadic one for Jack Nevins.

Over the course of the first eight months, he received the trade call twice, switching addresses from Sarnia to Kingston in January, then from Kingston to London in August.

As October ramps up, Nevins — who hails from the Ottawa suburb of Stittsville — is ready to settle down with the London Knights.

Team player

5

Number of teams Jack Nevins has played for since the start of the 2010-11 season.

"I'm looking forward to showing everyone what I'm all about," the lanky power-forward said. "I don't think of myself as a goon, but I'll stick up for teammates. My role is to score goals, make plays, and create some energy."

Nevins, 19, made his regular season debut in a Knights uniform on Sunday, a 4-1 loss to the Guelph Storm. Previously, he was forced to watch from the stands, awaiting clearance from doctors after sustaining a hip flexor injury a couple weeks ago in practice.

"It was good to get my feet wet," he said of limited ice time, "good to play in front of the home crowd."

Although the 6-foot-2, 199-pound winger failed to contribute statistically, London head coach Dale Hunter walked away impressed with his newest grinder.

"He played hard, had a couple scoring chances," Hunter said. "We need guys (like him), that are banging bodies."

Aside from the obvious — joining a franchise with real potential to repeat as league champions — he's glad to be back in the Western Conference. It's right up his alley.

"The West is a bit more of a physical game. I find it to be more intense. They're probably equally skilled, but the West is a tougher game," Nevins, who has 85 career penalty minutes in the OHL, said.

Hunter, always one to hold his cards close to his chest, says the coaching staff hasn't decided who will dress for Friday's home tilt versus the Windsor Spitfires.

Follow John Matisz on Twitter @Metro_JMatisz

Operation Impact

Cops watching roads more carefully

London police will be cracking down on impaired driving, improper seatbelt use, aggressive driving, and distracted driving throughout this Thanksgiving weekend. METRO

Basketball season

Lightning tickets on sale next week

As of Oct. 13 at 10 a.m., London Lightning fans will be able to purchase single-game tickets. London's first home game is on Nov. 3. For more info, visit the Budweiser Gardens box office, BudweiserGardens.com, or call 1-866-455-2849. METRO

No charges laid

Pedestrian dies after being hit by vehicle

A man has died after being struck by a vehicle on Sept. 21 on Hamilton Road at Egerton Street. James Green, 48, died in hospital on Monday. The 23-year-old driver of the vehicle was not injured. METRO

LONDON TRANSIT NEWS

Thanksgiving Day, October 8, 2012

Buses will operate on a Sunday schedule on Monday, October 8, 2012 in observance of Thanksgiving Day.

Downtown Ticket Office will be closed on Monday, October 8. Regular service hours will resume on Tuesday, October 9, 2012.

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TADA.ca/tadadd

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Trudeau distances himself from father in Calgary pitch

Federal Liberal leadership candidate Justin Trudeau speaks to party supporters at a seniors centre in Calgary, Wednesday. JEFF MCINTOSH/THE CANADIAN PRESS

Carving his own path. Liberal leadership candidate vows to 'challenge a whole new set of realities'

Justin Trudeau appeared to distance himself from his famous father as he made Alberta the first stop on his campaign to take over the federal Liberal party.

Trudeau chose Calgary, home to the country's energy company boardrooms, to say he would never use the wealth of the West to gain votes elsewhere. He said it is wrong to divide Canadians over natural resources.

It's a particularly sensitive issue in a province where resentment still burns over the introduction of the national energy program in the 1980s by Pierre Trudeau, who was prime minister at the time. That was seen as a grab of Alberta's natural resource wealth to keep prices artificially low for the rest of the country.

"It is wrong to use our natural wealth to divide Canadians against one another," he said. "It was the wrong way to govern Canada in the past. It is wrong today. And it will be wrong in the future."

He didn't mention his father by name during his speech. But later he told reporters he is proud of him and the values for which he stood.

Quoted

"It is time to be more honest with ourselves ... There is not a province in this country that would find 170 billion barrels of oil and leave it in the ground."

Liberal MP Justin Trudeau on attempting to bridge the gap between those indifferent to environmental destruction and those determined to shut down lucrative projects.

"But I am here to try and challenge a whole new set of realities and to try to bring a whole new generation of Canadians forward to the 21st century."

He pointed out that he had "nothing to do with the national energy program. I was 10 years old.''

He added that he thinks any policies and any politics that divide the country are unhelpful.

Trudeau also said it's important to bridge the gap between those indifferent to the destruction of our natural environment and those who would shut down projects completely.

THE CANADIAN PRESS

Obama hoped to bring bin Laden to trial, new book alleges

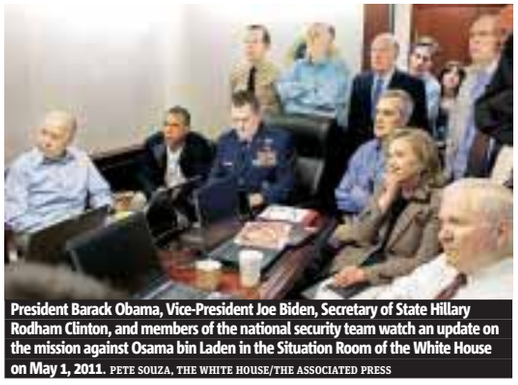
A new book says President Barack Obama hoped to put Osama bin Laden on trial, showing the U.S. commitment to due process under law, if the al-Qaida leader had surrendered during a U.S. raid in Pakistan last year.

In The Finish, journalist Mark Bowden quotes the president as saying he thought he would be in a strong political position to argue in favour of giving bin Laden the full rights of a criminal defendant if bin Laden went on trial for masterminding the Sept. 11 attacks.

But Bowden, who also wrote Black Hawk Down, about the 1993 battle in Somalia in which 18 U.S. soldiers were killed, says Obama expected bin Laden to go down fighting. A team of Navy commandos, known as SEALs, raided bin Laden's compound in Abbottabad, Pakistan in May 2011 and killed him.

The Finish is due to come out Oct. 16, a few weeks before the presidential election. The revelation that Obama hoped to capture bin Laden may provide political fodder for Republicans who have criticized the Obama administration for trying to bring terror suspects from Guantanamo Bay, Cuba, to trials in U.S. courts.

"Frankly, my belief was if we had captured him, that I would be in a pretty strong position, politically, here, to argue that displaying due process and rule of law would be our best weapon against al-Qaida, in preventing him from appearing as a martyr,'' Obama is quoted saying in an interview with Bowden. THE ASSOCIATED PRESS



President Barack Obama, Vice-President Joe Biden, Secretary of State Hillary Rodham Clinton, and members of the national security team watch an update on the mission against Osama bin Laden in the Situation Room of the White House on May 1, 2011. PETE SOUZA, THE WHITE HOUSE/THE ASSOCIATED PRESS

Muslims open their doors to Berlin on Unity Day

Muslims participate in midday prayers at the Sehitlik Mosque during open-house day for non-Muslims on German Unity Day (Tag der Deutschen Einheit), Wednesday, in Berlin. The city has a large Muslim immigrant community, and many of the city's mosques open their doors to the public on the annual Unity Day. Tag der Deutschen Einheit marks the day in 1991 when West Germany and East Germany reunited following the end of the Cold War.

CARSTEN KOALL/GETTY IMAGES

Pussy Riot. Minister defends 2-year sentence

Russia's justice minister is defending a two-year prison sentence handed down to members of rock band Pussy Riot, rebuffing European Union concerns that the punishment was excessive.

Alexander Konovalov says the sentence given to the three band members for hooliganism after they performed a "punk prayer" against President Vladimir Putin at Moscow's main cathedral is a "a very subjective matter."

Konovalov was responding Wednesday to EU Home Affairs Commissioner Cecilia Malmstrom who repeated EU concerns that the sentence was disproportionate to a "peaceful expression of protest," even though it may have offended many people.

Konovalov urged the EU to engage Russian authorities in dialogue instead of "coming up with a politicized assessment based on unverified information." THE ASSOCIATED PRESS

Morocco. Safe abortion boat could be turned away

Moroccan authorities said Wednesday that a Dutch ship promoting legal abortions set to dock in Morocco is operating outside the law and could possibly be stopped before arriving at a northern Mediterranean port.

The Dutch ship, which promotes safe and legal abortions worldwide, was invited by a Moroccan women's group to raise awareness in the struggle to legalize abortions, which are not allowed in the conservative Muslim country. It is scheduled to arrive at the port of Smir on Thursday.

It would be the "Women on Waves" boat's first landfall in a Muslim country.

"We haven't been informed about the arrival of this boat from a security standpoint. It's a boat we don't know or why it is coming, so I don't see what we can do," Minister of Interior Mohend Laenser told The Associated Press.

THE ASSOCIATED PRESS

Together they are stronger: Elders Archbishop Desmond Tutu and Mary Robinson, former president of Ireland, lend their support to Youngers. CONTRIBUTED/JEFF MOORE/THE ELDERS

Where spirit meets action

Double vision. A super team of young activists and senior public figures are aiming at nothing less than saving the world

ELISABETH BRAW
Metro World News in London

It's like Space Cowboys in the real world, with aging heroes returning to save the Earth.

Meet the Elders, a group of senior public figures whose stated purpose is to work, with "an independent voice, not bound by the interests of any nation, government or institution," for peace and human rights.

That mission can be controversial, as the Elders insist on listening to all sides in a conflict and speaking "difficult truths." Indeed, while Nelson Mandela's wife, Graca Machel, promotes an end to child marriage, former U.S. president Jimmy Carter and Mary Robinson, former president of Ireland, have visited North Korea to broker a peace deal with South Korea.

But when Mandela inspired Virgin Mobile founder Sir Richard Branson to help him launch a network of distinguished politicians, the legendary South African was almost 90. Branson named the new group the Elders. And now they're adding a youth division: The Youngers.

"The major barrier young people have is a lack of belief in youth held by those in power. They feel they have the monopoly of knowledge," says Esther Agbarakwe, a 28-year-old Younger from Nigeria. "There are emerging global civil-society networks working on sustainability that create greater pressure from the bottom up," adds Marvin Nala, 23, a Chinese Younger.

More than mentoring, what young leaders need most is support and a listening ear, says Katy Cronin, chief operating officer of the Elders. "Elders give The Youngers recognition. They're very talented young people, but they often feel that people don't listen. The Elders listen to them and give them confidence."

The Elders now include Archbishop Desmond Tutu and former world leaders such as Carter and Brazil's Fernando Cardoso. Tutu serves as the group's chairman, while Mandela has retired.

"My fellow Elders and I often travel to places of deep unrest and suffering, but we always find wonderfully bright, inspiring young people who fill us with hope," Tutu says. "Five years ago, when he founded the Elders, Nelson Mandela told us to reach out to the youth and that is precisely why — young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

The Elders have helped negotiate between the Koreas, in the Middle East, Cote d'Ivoire, Sri Lanka and Sudan. Elder statesman Lakhdar Brahimi of Algeria has just been appointed UN peace envoy to Syria.

"The Elders demonstrated their faith in young people and told the world that youth matters," Agbarakwe says.

Young at heart

"Young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

Archbishop Desmond Tutu, chairman of the Elders

Esther Agbarakwe CONTRIBUTED

Case study. 'We need to lift people out of poverty'

Esther Agbarakwe of Nigeria, also known as "Esther Climate," has travelled all over Africa leading environmental initiatives, and has served as the continent's co-coordinator for the UN Commission on Sustainable Development.

As a Younger, she has drawn inspiration from Elders Mary Robinson and Archbishop Desmond Tutu. "I was really honoured to be involved and have the influence to make changes," she says. Agbarakwe feels development has been held back by the "extreme politics and corruption" of African leaders.

"My greatest ambition is to support development that leads to environmentally sustainable growth in Nigeria, lifting people out of poverty and empowering them to hold government accountable."

KIERON MONKS/METRO WORLD NEWS

Martin Nala CONTRIBUTED

Case study. 'Youth have enormous power'

A volunteer litter-picker at the age of 10, Younger Martin Nala has devoted himself to grassroots activism on issues ranging from HIV to sustainability. He led a youth team to the Rio+20 summit.

"The result of Rio+20 is, for sure, depressing regarding nations' co-operation and international regime-building. But on the other side, I saw more energy from grassroots," he says.

Nala is determined to bring sustainability to his homeland of China and believes young leaders will make a difference.

"Youth brought up in cities may not be aware of how serious the problems are at this very moment," he says, pointing to the issue of air quality as an example. "If they see it, they have enormous power to change it."

KIERON MONKS/METRO WORLD NEWS

ADULT LEAGUES 2012/2013

#9 Charlie Bombay

PROFILE:

Birthday:
Feb 29, 1980

Hometown:
London ON

Position: F and some D
Height: 5-10.004001
Weight: 180... + 50

BIO

- Played a hockey game that tracks all his stats
- Celebrated with the team at Coyote Jack's Bar & Grill
- Attended a Yuk Yuk's live comedy show
- Played Virtual Blackjack & Poker at OLG Slots
- Bet on a live harness race

All under one roof. Western Fair District, be entertained

Player Stats

Year	Team (Div)	GP	G	A	PTS	pp	SH	PIM
2012	The Dekes of Hazard (Wed Rec C)	28	15	24	39	1	0	2
2012	I Got Moves Like Jagr (Thur Rec B)	28	11	26	37	1	0	2
2012	The Friday Knights (Fri Rec E)	26	23	31	54	2	0	10
2012	Toothless Can Sam (Sat 30+)	26	12	29	41	2	0	20
2012	It's My First Time (Sat Co-Ed Rookie)	26	9	15	24	1	0	2
2012	Hatrick Swayze (Sun Rec C)	26	78	0	78	30	9	2
	TOTALS:	160	148	125	273	37	9	38

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Player & Team Stats, Records, Schedule,
Scoring leaders, game logs, career totals and more!

Did you play here this past summer?

Summer 2012 teams receive $250 team discount on
2012/2013 Winter registration!

Notes:

- Start times as early as 10pm
- Real-Time Stats
- Receive 15% off gift card from Pete's Sports
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  30+ league (must be age 30 by Dec 31st/2012)
- Co-Ed Rookie League
- New round robin playoff formats
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Call (519) **438-7203** x **380** or Email **imcgill**@westernfairdistrict.com
Captains will receive complimentary $100 Western Fair District Gift Card
if league fee is paid in full on or before 1st league game.

Game Log

DATE	GAME	RESULTS	G	A	PTS	PIM	GWG	PP	SH
10/03/2012	The Dekes of Hazard vs the AAA Team	4-6 L	1	0	1	0	0	0	0
10/04/2012	I Got Moves Like Jagr vs Duncan Keith Richards	8-5 W	1	3	4	0	0	0	0
10/12/2012	The Friday Knights vs It's Friday, Friday	5-2 W	2	1	3	0	1	1	0
10/13/2012	Toothless Can Sam vs Lucky Luc's Charms	6-4 W	1	0	1	4	0	0	0
10/13/2012	It's My First Time vs Be Gentile	0-1 L	0	0	0	0	0	0	0
09/30/2012	Hatrick Swayze vs Yougnbloods	3-0 W	3	0	3	0	1	0	3

Entrepreneurs who play the rebel

Screw fashion as usual. The new label Maiyet

Fashion. Saving lives. The two can be polar opposites, but upscale label Maiyet hopes you fall in love with their designs first, then continue to purchase them because of their mission to help local artisans sustain their own businesses.

"What we don't do is produce pity products," co-founder Paul van Zyl explains to Metro. "We design products that people will wear regardless of the cause."

Maiyet scouts rare and unique artisanal items from around the world — like handwoven cloth from Varanasi, India and hand-carved bone from Kenya — to use in their products. Then they use part of their profits to fund training programs to educate craftsmen on how to make better quality products, and how to use their business to provide a stable source of income for their communities.

They also front the money to produce the goods so artisans don't have to be stuck in high-interest loans. All of that is on top of making sure that people get paid fair wages.

Van Zyl's background doesn't exactly scream Carrie Bradshaw: He is the former executive secretary of South Africa's post-apartheid Truth and Reconciliation Commission and he never really worked in the fashion industry.

What drew him to the project was the idea that people don't have to choose between doing well in business and doing good for the world. Van Zyl says the economic crisis has made people realize that there must be a better way to run their companies, and he believes that there is a way for moral markets to exist.

"We believe in trade and aid not trade versus aid," he explained. "We want these companies to be small and sustainable and to make beautiful products." METRO WORLD NEWS

Quoted

"What we don't do is produce pity products. We design products that people will wear regardless of the cause."

Paul van Zyl, Maiyet co-founder

Maiyet's clothing prioritizes their global artisans. CONTRIBUTED

Screw school as usual. The Khan Academy

With 186 million views — more than Justin Bieber — the latest viral YouTube smash features … school lessons about math, computer science and the Greek debt crisis? Yup, thanks to Salman Khan.

In 2004, Khan was a hedge fund manager tutoring his long-distance cousins with web videos. "They told me they preferred me on YouTube than in person," is Khan's catchphrase, a self-deprecating remark that's the key to his charm. The idea snowballed.

Eight years later, Khan Academy offers a combination of tutorial videos and an online classroom for the community to talk through their questions. The courses, which range from algebra to art history, are offered 24-hours a day to anyone.

METRO WORLD NEWS

Screw soccer as usual. The homeless World Cup

It started with a chat between colleagues Mel Young and Harald Schmied in a Cape Town bar, discussing ways to bring attention to homelessness.

"Soccer is the 'universal language' that brings people together, wherever they are," says Young. "It is cheap and easy to organize and great fun for everyone — of all ages and abilities. It is also a team game, and is good for health and fitness. Soccer can have a huge impact on people but all sports have the power to change people's lives."

Today, their Homeless World Cup helps a variety of people including the homeless, people who are struggling with drug and alcohol addiction and those with HIV/AIDS. All participate in the annual Homeless World Cup tournament, which will take place in Mexico City Oct. 6 through 14 this year.

METRO WORLD NEWS

Border-hopping for cheap flights

A new report finds that a soaring number of jet-setting Canadians are border-hopping to catch cheaper flights.

The Conference Board of Canada report, issued Wednesday, said that about five million Canadians now cross the U.S. border by land every year to fly out of American airports.

Higher airfares, fees and taxes in Canada, as well as differences in wages, aircraft prices and industry productivity makes it 30 per cent cheaper to fly out of the U.S. The Conference Board says fees and taxes make up about 40 per cent of the cost of a ticket in Canada.

The report suggests that while other factors are beyond government control, small reductions in the airfare differential could lead to traffic gains for Canadian airports and carriers. It estimates that changes to Canadian policies alone could bring more than two million passengers a year back to Canadian airports.

Finance Minister Jim Flaherty said Wednesday that Ottawa is "concerned" about the issue and that federal Transport Minister Denis Lebell "has been working on a consultation project with the airlines, with the airport authorities in Canada to try to see what we can accomplish." THE CANADIAN PRESS

Market Minute

DOLLAR 101.20¢ (-0.40¢)

TSX 12,359.47 (-31.76)

OIL $88.14 US (-$3.75)

GOLD $1,779.80 US (+$4.20)

Natural gas: $3.395 (-13.6¢)
Dow Jones: 13,494.61 (+12.25)

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FANCY RESTAURANTS? STICK A FORK IN ME, I'M DONE

HE SAYS...
John Mazerolle
metronews.ca

So I was at a fancy restaurant recently, which, given my lack of kitchen skills, is a bit like Patrick Stewart at a hair salon or Gandhi going out to play paintball.

A lot of culi-narys like me eat at restaurants, but rarely has the contrast been this extreme.

On the one hand, you had me: The worst cook in the world, topping out in creativity with my piece de resistance bacon and eggs (now with toast!)

On the other, you had the restaurant: Geranium, an establishment in Copenhagen overseen by the best chef in the world.

Geranium is a Michelin-starred restaurant, so that guy made of tires likes it, and the "best chef" label comes thanks to the Bocuse d'Or, a world cooking contest revered by chefs because it's the only one ever created that doesn't involve Gordon Ramsay.

I felt so out of place that I was nervous when I arrived. Understand that my childhood eating experiences were centred around meals like soggy fish sticks and Grade "Needs Remedial Help" beef.

KD Kid

"I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, 'Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15.'"

I eat at lots of restaurants now, it's true, but I still felt like there was potential for embarrassment at such a classy joint. Maybe I'd do the wrong thing and everybody would freeze.

"Gasp! He's using the dessert fork for the appetizer!"

"My. God. Toss him?"

"No. But let's change the meal to a bowl of Kraft Dinner and a pat on the head."

I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, "Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15."

Instead, they led me to my table and were very patient with me as they explained each of the 15 courses.

Server: Did you enjoy your emmer and spelt, sir?

Me: Maybe?

Server: You're doing fine, sir.

Me: I think I ate my napkin.

Server: Very good.

If I had eaten my napkin, you can bet they would have come running with a new one. That was a perk I learned quickly: Finish a drink, they refill it. Done with a fork, here comes a new fork. I was alone, but if I had a date with me I might have knocked her from her chair just to see if they'd immediately plunk down a new one.

So the service was fantastic, and the food was great, too.

I came away inspired and planned to change my personal cooking habits. From now on, whenever I eat a strip of bacon I will immediately replace it with another strip of bacon and so on in that fashion. The Bocuse d'Or is mine.

In order to climb the ranks in the restaurant biz — refill, refill, refill.
JOHN MAZEROLLE/METRO

Bite-size meal for a beast

CAMERON SPENCER/GETTY IMAGES

Sydney, Australia

Croc wakes up to a beefy breakfast

Rex, one of the world's largest crocodiles, feasts on beef ribs after waking up from his lengthy slumber.

It's the first meal after three months of hibernation for the five-metre, 700-kilogram saltwater crocodile, who resides at Wild Life Sydney Zoo. Keepers Wednesday lowered the food from a safe distance to avoid being part of the meal themselves. METRO

Crocodile digestion

They need plenty of sun in order to eat

Body temperature is the key reason why crocs feast between long intervals.

"As crocodiles are cold-blooded creatures, they need sunlight to give them the energy they need for metabolism, in order to digest their prey items," crocodile specialist Shaun Foggett told Metro.

Saltwater crocodiles are one of the few predators that consider humans to be a prey item. METRO

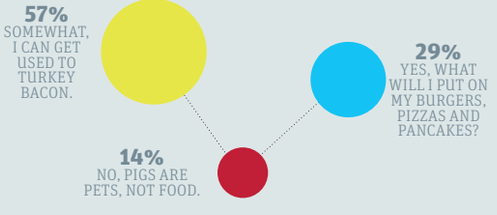
Saltwater crocs

- **Size.** Largest living crocodilian — specimens at 1,000 kilograms are not uncommon.
- **Speed.** Can swim at 40 km/h and can travel 32 km/h land. "Their speed is the most astonishing thing about them," Foggett said.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you fear a looming bacon shortage?


57%
SOMEWHAT, I CAN GET USED TO TURKEY BACON.
29%
YES, WHAT WILL I PUT ON MY BURGERS, PIZZAS AND PANCAKES?
14%
NO, PIGS ARE PETS, NOT FOOD.

Twitter

@joekoolslondon: So apparently it's National Mean Girls Day. Girls: keep your guards up. Guys: just stay inside.

@CorelChick: Just saw awoman driving a vintage scooter with a long white scarf flailing behind her. #very-cool #ldnont

@SudioC: I have a file where the guy plays polo. Real polo - with horses. Are there leagues for that? House league polo?

@JasonHastings: Excited to be sharing #ldnont's experience with social media with Hamilton's social services sector at the HPS Learning Forum this AM

@katielynnm13: One test today, one test tomorrow #stressed #study #fanshawe

metro

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SCENE 2

Howl now at Nite Owl

Justin Chasty hosts Howl at the Owl, a funk, soul and blues DJ night every Saturday at the Nite Owl. AMANDA GRANT/FOR METRO

Dance party. Spinning funk, blues and mod, Justin Chasty likes to mix crowd-pleasing stalwarts with pleasant surprises

BACKSTAGE PASS
Amanda Grant
london@metronews.ca

If you're looking for an alternative to the Richmond Row crowd scene on Saturday night, look no further.

Howl at the Owl, a weekly event at Nite Owl (353 Talbot St.) combines good music, a welcoming atmosphere, and vinyl records for one of the best dance parties in town.

Justin Chasty, who also runs the bar's Vinyl Night most Thursdays, DJs Howl at the Owl, alternating between his turntable and laptop to create sets filled with funk, soul, blues, and mod.

"I have go-to albums to get people dancing: Otis Redding, Diana Ross, and The Temptations," Chasty said. "But what makes my night unique is that I am able to throw in something rarer, some New Orleans funk record I have that fits with the set."

Chasty said his album collection has nearly doubled since starting Howl at the Owl earlier this year as he is always trying to source new music.

"I like when people request something I've never heard of. That's when I make a point of listening to it and trying to add it to my next set," said Chasty.

This Saturday, Nite Owl will also play host to the Forest City Derby Girls.

The local roller derby league will play two games Saturday at the Western Fair Agriplex (316 Rectory), before heading to Howl at the Owl for the derby's official after party.

"That's one of the things I love about Nite Owl," Chasty said. "It's a mini community that knows the regulars and wants to be welcoming to new people."

Some nights that means being the meeting place for London's punk scene, others the programming gears itself toward the city's audiophiles.

Nite Owl is a family-run business, owned by brothers Gregg and Justin Wolfe.

Earlier this year the pair opened the bar's companion restaurant, The Early Bird, next door, serving up what they call "fine dinner food," making delicious breakfasts, massive sandwiches (like their signature turducken or pulled pork) and fresh salads.

Between both venues there is little more you could ask for from a Saturday night hang out.

"The people at Nite Owl and The Early Bird are the nicest," Chasty said. "They want to make sure they're making the night the best it can be for people and are appealing to their interests."

Howl at the Owl is a free event every Saturday at Nite Owl. For more information on the Forest City Derby Girls game (if you want to add that to your evening's itinerary) visit forestcityderbygirls.com.

Around town

- **Music.** The Elwins play APK Live Friday night. The London indie rockers will be joined by fellow locals Cladda and New Zebra Kid. Tickets are $6 at the door.
- **Theatre.** Locally written play All Things Beautiful premiers this week at The ARTS Project. Tickets are $15 ($11 for students), available at the door. The show runs until Saturday.

On the web

Qriket

Sweden to open museum showcasing career of '70s pop group ABBA

NEED A RIDE?
Read metrodrive every Wednesday.

Janssen won't be surprised if Taken again

Interview. Actress returns to Luc Besson film for Taken 2 and won't rule out another return despite Liam Neeson's objections

HEIDI PATALANO
Metro World News

She's been a Bond villain, X-Men's Jean Grey, an alluring transsexual on Nip/Tuck and soon, an evil witch in Hansel and Gretel: Witch Hunters. But right now, Dutch actress, model, writer and director Famke Janssen is focused on the reprisal of her role as Lenore, the long-suffering ex-wife of retired CIA operative Bryan Mills (Liam Neeson). While she and her daughter (played by Maggie Grace) survived the first round of Eastern European thugs in Luc Besson's Taken, the family of three faces a challenge of a different kind when vacationing in Istanbul for the film's sequel. Janssen spoke to Metro about the new film and how she broke a rib in the honor of a convincing action sequence.

You've remarked that the chaos of Istanbul enhanced your performance while filming Taken 2 there. Tell us more about what happened on set.
It's an absolutely breathtakingly beautiful place — very old, but it also has one of the fastest growing economies so it's just outgrowing its own size and as a result there's more cars than the city knows what to do with, more people, more mopeds, more wild dogs, more motorcycles, so it's just the mosques that are there with loud speakers on them and they are competing with one another in terms of the prayers that happen at numerous times during the day. It goes through these loud speakers and between all of that there's so much going on that for a film shoot, it was a pretty chaotic experience but that really worked in my favour for the things that we were filming.

Quote

"I've actually broken a rib twice. I broke my rib on GoldenEye and I broke a rib on Hansel and Gretel: Witch Hunters, the movie that comes out in January with Jeremy Renner."
Famke Janssen
Talking about her movie career.

You shot at the Grand Bazaar. There are so many stray animals there.
Yeah, stray cats and dogs. I actually brought my own dog with me, but they were not particularly fans of Licorice. It was a little bit sad, but it's just a different culture. They don't keep dogs as pets in the way that we do.

What happened with your dog? Did he get into a scuffle on set?
Not with other dogs, somebody tried to kick him, so that was a little bit disconcerting. That was not a good moment but other than that, the experience was really fantastic, so I don't want to say anything bad about Istanbul or anything

You have quite a physically demanding role in Taken 2. Did you have to hang upside down as your character does at one point in the film?
Thankfully I did not have to be hung upside down. They had a double for me to do that, which was great. I was just being dragged around a bunch. It was more that I had a bunch of stunt guys on either side who would drag me through hallways or dirty alleys or whatever. And of course (there was) the whole sequence with the scissors and knife or whatever on my face — moments like that there's just very little acting required. It's just using what's there.

Considering you've done a fair share of action films, including 1995 Bond film GoldenEye, what's one of the worst injuries that you've sustained while being on set out of any of your experiences?
I've actually broken a rib twice. I broke my rib on GoldenEye and I broke a rib on Hansel and Gretel: Witch Hunters, the movie that comes out in January with Jeremy Renner. So I've experienced some injuries. On Hansel and Gretel on top of everything, I had prosthetic make-up, and I couldn't see because I had contacts that covered my whole eyes, so these things are always a little challenging.

What do you think would happen in a third Taken film?
Maybe they could do what I already suggested for Taken 2, which was that Liam (Neeson) was going to be taken and Maggie (Grace) and I would come and save him, but nobody liked that idea, apparently. I was joking by saying that of course. I don't know, Liam apparently is adamant about not wanting to do a Taken 3, and the director of our last movie, Olivier Megaton said that there was not going to be a Taken 3. I always say you never know.

The calm before the firestorm: Lenore (Famke Janssen) and Bryan Mills (Liam Neeson) enjoy their reunion in Istanbul. HANDOUT

BEING BRANSON

THE MANY FACES OF THE VIRGIN MAGNATE

"Like a virgin, touched for the very first time." OK, it's a Madonna hit — but Sir Richard Branson comes to mind whenever you hear the word 'virgin.' Today, Branson's group, which runs some 400-plus companies in areas from mobile telephones and travel to music and health services, has more than 50,000 employees and annual revenues of around $21 billion US.
An iconoclast and adventurer, he is also deeply involved in non-business activities. Meet the other Bransons.

ELISABETH BRAW
elisabeth.braw@metro.lu

ILLUSTRATIONS: MIA KORAB/METRO WORLD NEWS

Disarmament: Let's get rid of that old junk and save money

Twenty years ago, the United States and Russia had thousands of nuclear weapons each.

The arsenal was called MAD, Mutually Assured Destruction, because they could easily annihilate the world many times over.

Today, the world's nuclear powers — the U.S., Russia, Britain, France, China and unofficial nuclear countries like India and Pakistan — still have hundreds of nuclear warheads.

That's enough to destroy the world many times over, and these weapons cost more than $1 billion US per decade.

As a result, Sir Richard Branson and some 300 world leaders have formed Global Zero, a global organization that advocates eliminating all the world's nuclear weapons.

He says

"Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems."

Sir Richard Branson

"From a deterrent point of view, a country only needs 300 nuclear weapons," Branson told Metro earlier this year.

"Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems."

That's because maintaining the current nuclear stockpile is hugely expensive: The total cost to official and unofficial nuclear weapons states is expected to surpass $1 trillion US in the next decade, according to a study released by Global Zero.

Global Zero now also has some 400,000 members worldwide.

The Elders: working for peace

They're old — and cool.

When Nelson Mandela retired as President of South Africa, he wanted to use his stature to help solve conflicts around the world. He turned to Branson, who agreed to co-found and fund The Elders.

And The Elders are just that: older statesmen whose reputation allow them to crisscross the world and help solve disputes.

Mandela has since been joined by, among others, his old friend Archbishop Desmond Tutu, Graca Machel (Mandela's wife, who has a long political career in her native Mozambique) and former U.S. president Jimmy Carter.

The Elders fill a unique need in international politics as there's no institution or organization to which parties in conflict can turn.

The United Nations appoints envoys, but their missions are official and subject to pressures from UN member states. The Elders go in a private capacity.

And after missions to the Koreas, Middle East, Cyprus and Sri Lanka, The Elders have gained the top players' attention: Lakhdar Brahimi, one of The Elders, has just been appointed UN envoy to Syria.

Space exploration: The sky is no longer the limit

The state of New Mexico hosts a novel installation: a spaceport. Starting next year, space tourists willing to pay $200,000 US will be able to blast off from Spaceport America on a Virgin Galactic spacecraft. They'll spend two and a half hours in space and five minutes in weightlessness.

Branson says his flights are not frivolous — scientists will use the flights to carry out research on the ozone layer and NASA will rent space on flights.

His quote

"I know there are literally thousands of people who would love to go to space, to be able to look out the window, to marvel at the beautiful Earth."

Sir Richard Branson
told AFP news agency

Legalizing drugs: Follow Portugal's example

Take a look at Mexico: between January and September last year, nearly 13,000 Mexicans were killed in drug-related violence. Since the country's government launched its war on drugs six years ago, nearly 48,000 people have been killed.

More than 50,000 troops and policemen are involved in the war against drugs — and that's just in Mexico.

Each year, some $13 billion US worth of drugs are smuggled from South America to the United States.

Combating drugs, argues Branson and others, is a waste of time and money.

Online

For more on Branson's push for decriminalizing drugs, click on metronews.ca.

Earlier this year, he testified to the British Parliament about the benefits of decriminalizing drug use, noting that countries like Portugal, which have decriminalized drug use, have seen a drop in both the number of drug addicts and the amount of drug-related crime.

In fact, Branson joins a growing chorus of voices in favour of softer drug legislation. Together with global leaders like Peruvian writer Mario Vargas Llosa and Ernesto Zedillo, former president of Mexico, he has formed the Global Commission on Drug Policy, which supports softer drug legislation.

Humanitarianism: It's up to businesses

OK, Branson surfs for fun, but he's also developed a knack for performing publicity stunts for good causes. A good cause, he argues, is often good business.

The boundaries between work and purpose are merging into one, he writes in his new book, Screw Business As Usual.

Branson names his concept Capitalism 24902. (The name refers to the circumference of the globe.)

"Every single business person has responsibility for taking care of the people and the planet that make up our global village," he writes.

Curing disease may be the most daunting task facing the business person who wants to save the planet.

In Britain, Branson thought up the Virgin Health Bank, where parents can store their children's stem cells.

"These cells could be used to treat a wide range of other conditions, from heart disease to diabetes, in the future," he says.

Music: The king maker

In the '60s and '70s, he started selling records while running a magazine. Virgin's first release was Tubular Bells by Mike Oldfield (1973), a chart-topper that led to deals with the Sex Pistols, Culture Club and many more. He sold Virgin Records to EMI in 1992 for $1 billion US.

Quoted

"The music industry can make people rich beyond their dreams..."

Sir Richard Branson
Losing My Virginity. The Autobiography

Environment: Deal with problems in an entrepreneurial spirit

Celebrities like to travel to Necker Island, Branson's island in the Virgin Islands.

But Branson has smaller friends on his island too — ring-tailed lemurs, an endangered species from Madagascar that Branson has imported to his island in an attempt to save the animals.

Branson has larger environmental ambitions, too, and not just out of a desire to save the Earth.

"We have to deal with environmental problems in an entrepreneurial spirit," he told Metro earlier this year.

"For example, Virgin's new aviation fuel uses waste from steel mills. Millions of jobs could be created worldwide by greening our cities. The environment would benefit, the cities would benefit, regular people would benefit, and it would stop money pouring out to the Middle East."

Branson has pledged to donate all his aviation businesses' profits to the development of alternative fuels.

His new Carbon War Room, in turn, encourages entrepreneurs and venture capitalists to come up with solutions to global warming.

Kate Middleton. ALL PHOTOS GETTY IMAGES

Royal family fears more Middleton pictures to come

The British royal family's latest headache is apparently far from over, despite their victory in court against a French magazine that published topless photos of Kate Middleton.

There are apparently more photos — and possibly even a video — from their French vacation, and the latest also reportedly feature Prince William himself.

"Newspaper pictures editor tell me there are as many as 270 pictures being hawked around, which feature both the Duchess and Prince William naked," says the Telegraph's Willard Foxton. "Only 24 have appeared thus far. The Palace's nightmare is that the pictures are stills from a video."

Quote

"There are as many as 270 pictures being hawked around."

Willard Foxton
On photos of the Royals floating around

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Arnold's new memoir full of some choice quotes

THE WORD
Dorothy Robinson
scene@metronews.ca

Arnold Schwarzenegger

Arnold Schwarzenegger's new memoir, Total Recall: My Unbelievably True Life Story, is 640 pages of straight-up boasting by the former bodybuilder-turned-movie-star-turned-governor.

Oh, his ego. It truly is unbelievable. Metro compiled the best, non-humblebrags from the book.

When he first started dating Maria:
"The outside world looked at our relationship in a simpleminded way, as a juicy success story. 'Isn't it amazing that he wins Mr. Olympia and all these bodybuilding championships and then he gets this big movie contract and then gets a Kennedy as his girlfriend?'"

When he first met his future mother-in-law, Eunice Kennedy:
"The first words I blurted out were, 'Your daughter has a great ass.' I always loved to say outrageous things to people."

On their rehearsal dinner:
"The toasts on Maria's side were about her and how great she is and how I'd benefit from being her husband. From my side it was the opposite. What a great guy and perfect human being I am, and how she'd benefit from that."

On justifying cheating on Maria before they were hitched:
"The fling with Brigitte Nielsen underlined what I already knew, I wanted Maria to be my wife."

His take on acting:
"Compared to being an action hero, it was a lot easier to be a comic star."

Amazing Arnold quotes taken out of context:
"Doing battle with a giant mechanical snake left me sore for a week."

"Jewish people have played such keys roles in my life."

"There was something comical about seeing two black people accusing each other of being black. We laughed about it later."

Twitter

@ladygaga
I feel like I'm staring at my album on the floor in hundreds of trimmings, to be sewn into a couture gown. In beautiful pieces, she is.

@JohnCleese
Just sitting down to start my autobiography. Problem is... remembering any of it ...

@PaulaAbdul
Awwww! I missed you too! xoxoP

@ConanOBrien
Starting a 3-day juice cleanse by dunking my cheeseburger in juice.

Rihanna

Rihanna continues reconciliation with Chris Brown

It looks like Rihanna just can't keep away from Chris Brown — even if he is supposedly dating model Karrueche Tran.

The infamous exes were spotted at NYC nightclub The Griffin this week "hugging and kissing," a source tells Celebuzz.

"And they went to the back of the club alone together."

And Brown was spotted early the next morning sneaking out of the hotel where Rihanna is staying. The public displays of affection did not go over so well with Tran, apparently. "She felt the kiss was a public slap in the face," a source tells Us Weekly.

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'Tis the season for seduction, fun and body armour

Getting out the glitz, glam and faux-fur at Paris Fashion Week

PHOTOS AND TEXT BY ASSOCIATED PRESS

Miu Miu Meow!

Miu Miu's spring-summer 2013 show in Paris had a wintery vibe. Despite the slightly off-kilter season, it was a slick display, with lashings of faux-fur on coats and stoles with dyed patterning at the brand often seen as Miuccia Prada's baby sister offshoot. It picked up nicely on this season's fascination with prints as contrasting explosions on loose skirt suits — sometimes resembling the negative of a photograph. As ever, it remained demure, but back features graced a few reversed tops.

Vuitton goes retro-chic

What do you get if you mix up the world's most famous checks and Paris' most famous stripes?

The answer: Louis Vuitton, whose 1960s style spring-summer fashion show, in typically spectacular style, twinned the iconic checked Damier pattern with a set designed by artist Daniel Buren. Understatement is not a word in designer Marc Jacobs' vocabulary. So a collaboration with minimalist artist Buren — who made the famed striped columns in Paris' Palais Royal — might have raised eyebrows.

In fashion terms it was strong, with most of the 64 retro looks delivered in Mary-Quant-style.

Chanel perks up!

Fun was the healthy mantra that infiltrated Tuesday's Chanel show — a bright and diverse collection brimming with great new ideas. Silver bauble appliqués became buttons, A-line skirts were playfully short, colourful checks contrasted funkily with geometric flashes and feather fringing billowed exuberantly. One model in a crossing "C" swimsuit even carried a three-foot handbag. A bold new fashion idea was the reworked bolero jacket with curved shoulders, often spruced up with inflated arms.

Sarah Burton spars McQueen style

Fashion is body amour. At least it is for Sarah Burton, who tapped her fantastical imagination for Alexander McQueen to conjure up fashion week's most original show: mixing insect-like armoury with on-trend stiff bar jackets of the New Look, as well as 19th century crinoline.

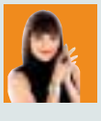
If it sounds strange, it was — set to a backdrop of images of bees and honeycomb — with each model wearing a visor reminiscent at once of the 1950s wide hat, a cage and a beekeepers mask.

Valentino between the lines

"Suggestion is seduction," was the theme of Valentino's accomplished spring-summer 2013 show in Paris, which saw the storied Italian fashion house move subtly more sensual. Italian design duo Maria Grazia Chiuri and Pier Paolo Piccioli kept their strict, high collars and didn't bare too much flesh but eased their conservative designs, in razor-thin slits and cutouts.

Twitter

Jeanne Beker soaks up Paris Fashion Week



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: Les bijoux de Lydia Courteille...a Rue St. Honore. Paris inspires desire!

@Jeanne_Beker: Tour de force collection @louisvuitton And not one monogram. Just checks, grids, + flower shapes.

@Jeanne_Beker: The lovely Leigh Lezark @ themisshapes in Chanel's modern baroque cruise look a la Marie Antoinette.

On the web

Qriket

Christina Applegate's breast cancer charity teams with ASICS for pink athletic gear

Keasha says yes to Canada

Keasha's Perfect Dress. New show follows the ups and downs of Canadian brides and gives us some tips on avoiding the bride-zilla fate

ELIZABETH BEDDALL
scene@metronews.ca

After five seasons spent as a beloved bridal consultant on TLC's Say Yes to The Dress, Keasha Rigsby has opted to let the ladies of Canada in on some wedding wisdom.

Her new show Keasha's Perfect Dress, which premiered Tuesday on Slice, follows the ups and downs of Canadian brides as they pursue their dream gown with Keasha by their sides.

She took a moment to talk to Metro about duct tape, her decision to move and the dos and don'ts of the dress search.

From your time on Say Yes To The Dress, you became 'the consultant that everyone hopes they end up with.' Why do you think you were such a fan favourite?

They can see the fact that I care... about the bride, not so much about the sale or having the highest commission. I don't like to give up. I fight to the end. If it's 30 dresses later… as long as I can release and say you know what, this is perfect. It's just that I love what I do.

Why set up shop in Canada?

Well a lot of my brides that travelled to see me at Kleinfeld, they flew from Canada to see me. And I would always say, now it's my turn to return the favour. And I'm here for them. And plus Canada's so clean. Have you seen New York? Forget it!

What are a few storylines that really touched you or stuck out to you as you taped this season?

One that touched me in particular, and still touches me today, is a bride that has cancer. So they're trying to push everything forward as quickly as possible so we're just hoping that she's going to be able to walk down the aisle. Then there's another one where her dress is being made out of duct tape. She's done it, she's made dresses out of duct tape. She succeeded. So that is going to be quite interesting.

Keasha Rigsby styles the modern bride on her new show. SUPPLIED

What are three tips you have for brides who are starting their wedding search?

I want the bride to get her venue first. You can't just come in shopping for a dress and you're between the Cayman Islands or a castle. Get that first. The second thing would be, don't go crazy shopping. If you're trying on 25 or 50 dresses then you're totally lost. Don't go nuts. Go to two — three the most — bridal salons, and try to work from there. The more dresses you try, the more confused you'll get. Number three, be sure to be yourself. Don't let somebody talk you into something or change you into someone that you're not. Be yourself.

What's one thing that you are passionate about that has nothing to do with wedding dresses?

My boys.

The Kit

Canadian street style

Spotted in: Ottawa

Yessica
Fashion designer, boutique stylist
Where: Rideau Street
Age: 20

What she's wearing
Vintage jacket, Urban Outfitters jacket, Jeffrey Campbell shoes

Her inspiration
"My style is contemporary with a dash of vintage."

THE KIT PHOTOBLOGGER: JUSTYNA BARANIECKI, CHAMELEONIC.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES, AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!

Rancic inspires women to take charge and stay healthy

Do it for the girls! Giuliana Rancic hosts Twitter party to inspire women to conduct breast self-exams

JERYL BRUNNER
scene@metronews.ca

Giuliana Rancic greeted us with her megawatt smile and a warm hello when we sat down to chat at the Hotel Gansevoort. Her elation was palpable. Less than one month earlier, she and husband, Bill Rancic, welcomed their little boy Edward Duke, delivered via surrogate. In fact, the E! News anchor credits her baby for helping to save her life.

Last year, during IVF treatment, a mammogram revealed a tumor. She was just 36. But it was caught early enough to be treatable. As this year's spokesperson for P&G's Do It For the Girls! Day of Action, Rancic hosted a Twitter party, #GIVEHope, to inspire women nationwide to conduct breast self-exams and take the first steps toward implementing an early detection plan. She talked to us candidly about her treatment, her travails and the joys of being a new mother.

Rancic teaches women about self-care for breast exams. GETTY IMAGES

You've said early detection saved your life. How so?
That's exactly what saved my life — finding the breast cancer early. I was 36, had no family history and I found it early in a mammogram. I remember hearing I had breast cancer. I thought it was a death sentence. Then, it wasn't until the doctor said, "Since we found it early, you have a 98 percent survival rate," I went, "What? 58?" He's like, "98." I'm like, "Wow. That's good. I'm going to survive." ... As women we're so busy taking care of everyone else. ... we don't go to the doctor as much as we should. We just try to manage everything ourselves. But if you let it go, if you don't get checked and you find that you have an advanced stage of breast cancer, people are going to have to take care of you.

What did going through cancer teach you?
I'm stronger than I thought I was. But I think true strength comes when you have no other alternative but to be strong. Now I know I can tackle a lot of things that I never thought I could tackle before. ... The other thing [I learned] too is just how loving people are — not even just family and friends, but all around the world

No neckties allowed

Sir Richard Branson is famous for taking scissors to neckties.
So in honour of his laid-back boardroom look, we've recreated his style at three different price points.
P.S. Flowing, golden locks not included.

RICHARD PECKETT
richard.peckett@metro.lu

BILLIONAIRE'S BUDGET

Paul Smith
Unstructured blazer
$1,390 US, mrporter.com

Z Zegna
White shirt
$255 US,
harrods.com

Nudie
Average Joe dry organic straight jeans
$200 US,
shop.nudiejeans.com

Browns
Leather belt, $142,
brownsfashion.com

Church's
Paris derby shoes, $465,
church-footwear.com

FEELING FLUSH

Banana Republic
Tailored black cord blazer
$198 US, bananarepublic.com

APC
Poplin white shirt
$225 US, apc.fr

Edwin
ED-55 Red
Selvedge unwashed
$195 US,
edwin-europe.com

Grenson
G-One Cannon derby shoes
$458 US,
matchesfashion.com

Reiss Vincent
Luxe formal suit belt
$85 US, reiss.com

THE FRUGAL FASHIONISTA

Uniqlo
Velvet blazer
$170 US, uniqlo.com

Zara
Men's white poplin shirt
$50 US, zara.com

H&M
Straight regular jeans
$20 US, hm.com

Topman
Slim leather belt
$24 US, topman.com

ASOS
Derby shoes
$60 US, asos.com

Who better to celebrate soup season with than The Soup Sisters?

Tuscan Bean Soup

This recipe serves six. JULIE VAN ROSENDAAL

Caren McSherry is one of the Soup Sisters in the Soup Sisters Cookbook. As owner of the Gourmet Warehouse, a store that offers high quality gourmet foods and supplies in Vancouver, and a cookbook author, she knows all about making delicacies.

In the book, McSherry shares her recipe for her Tuscan Bean soup.

Ingredients

- 2 cups (500 ml) cooked white navy beans (drained and rinsed if canned)
- 1 onion, diced
- 1 carrot, peeled and diced
- 2 stalks celery, diced
- 1 leek, white and pale green parts only, washed and sliced
- 1/3 cup (80 ml) olive oil
- 6 large Roma tomatoes, diced
- 3 cloves garlic, minced or finely chopped
- 2 sprigs fresh thyme, leaves only
- 8 cups (2 l) chicken or vegetable stock
- Salt and pepper to taste
- Sun-dried tomato crostini (see below)
- Freshly grated Parmesan cheese for garnish

1. Purée half the beans until smooth, adding a little water if necessary. Place the puréed beans in a bowl with the remaining whole beans and set aside.

2. In a large pot over medium heat, sauté the onion, carrot, celery and leek in the oil, until the onion is softened.

3. Stir in all the beans and the tomatoes, garlic and thyme.

4. Add the stock. Bring to a boil over high heat, then reduce the heat to medium-low.

5. Simmer, uncovered, until the vegetables are tender, about 30 minutes. While the pot simmers, prepare the crostini (see below).

6. Season the soup with salt and pepper to taste.

7. Ladle up in a wide shallow bowl, and garnish with grated Parmesan and playful floating crostini.

Sun-Dried Tomato Crostini

1. Thinly slice half a baguette and bake the slices in a single layer on a baking sheet in a 350 F (180 C) oven until dry and crispy, about 30 minutes.

2. In a small bowl combine 1/2 cup (125 ml) finely diced sun-dried tomatoes and half a bunch of parsley, finely minced. Spoon the mixture sparingly onto the baguette slices.

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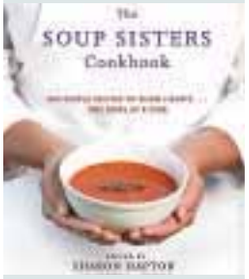
Cookbook of the Week

Heart-warming soup



The Soups Sisters Cookbook is more than a cook featuring delicious recipes from chefs such as Anna Olson and Michael Bonacini.

It is also a part of non-profit organization Soup Sisters. The brainchild of Calgary's Sharon Hapton, Soup Sisters provides comfort to women, youth and children through the making, sharing and donating of soup.

The cookbook is a celebration of the best recipes from the project, which sees participants pay a $50 registration fee to participate in a soup-making event at a local professional kitchen under the guidance of a chef facilitator. The soup is then delivered to a local shelter. METRO

European-style comfort food

"My husband's grandmother Eva immigrated to Canada from Eastern Europe," writes Karen Anderson, owner and tour guide of Calgary Food Tours Inc., in The Soup Sisters Cookbook.

"She was never sure if she was Polish or Ukrainian — their town was on the border, and the lines between countries changed so many times they lost track — but she made perogies and cabbage rolls with the deftest of Ukrainian precision!

"I inherited this borscht recipe from Eva — it's what my in-laws call great peasant food. The pork ribs give it substance and the deep maroon color makes finding the green beans a nice surprise.

"Add sour cream and a sprinkle of fresh dill, and it will satisfy your family on a crisp fall day."

Ingredients

- 1 lb (500 g) pork side ribs
- 2 to 3 beets, trimmed
- 2 cups (500 ml) peeled and diced carrots
- 1 onion, diced
- 1 cup (250 ml) each chopped green beans and cabbage
- 1 cup (250 ml) tomato juice
- 2 tsp (10 ml) apple cider vinegar
- Salt and pepper to taste
- 1 cup (250 ml) sour cream
- 2 tbsp (30 ml) finely chopped parsley or fresh dill

1. Put ribs in pot and add enough water to cover. Bring to boil over high heat; skim off gray scum that floats up.

2. Reduce the heat to low. Simmer, uncovered, until the ribs are tender, about 1 hour.

3. While the ribs cook, put the beets in a saucepan and add enough water to cover them. Bring to a boil over high heat. Reduce heat to medium and simmer until tender, about 45 minutes.

4. Drain beets. Set aside until they are cool enough to handle. Peel and chop beets, set aside.

5. Remove ribs from pot, reserving cooking water in pot. Using fork or knife, pull meat from bones and chop into bite-size chunks. Return pork to pot.

6. Add the carrots, onion, green beans, cabbage, tomato juice and vinegar. Bring to a boil over high heat, then reduce the heat to medium-low.

7. Simmer, uncovered, until all the vegetables are tender, 30 minutes. Add the boiled beets and salt and pepper to taste.

8. Ladle the soup into bowls, and swirl in a spoonful of sour cream.

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A NEW AGE OF WHISKY

JOHN K. HALL BRINGING BACK CREATIVITY, PASSION

John K. Hall

CONTRIBUTED

Canadian whisky is big news. Connoisseurs right around the world are singing its praises again, and Canada's whisky makers are doing something really smart to keep it that way. They are creating a whole new range of ultra-flavourful drams.

Leading the way is wine maker turned whisky maker, John K. Hall with his Forty Creek whiskies – whiskies that have won the world's most coveted awards. When Hall was asked what makes Forty Creek whiskies stand out from the crowd, he said: "Canadian whisky is a Canadian icon, just like maple syrup and hockey. I really want to bring back creativity and passion to our country's spirit. Whisky can be just as complex, perhaps more complex than wine. Bringing out the subtle aromas and taste characteristics is what makes whisky great."

As a first generation whisky maker, Hall says that while he respects tradition, he is not bound by it. For example, unlike some distillers, he distills and ages each grain separately. "This approach allows me to highlight the flavour of each grain — nuttiness from the barley, fruitiness and spiciness from the rye and weight and body from the corn."

Hall's creativity doesn't stop there. He loves to experiment with different barrels for aging — sherry casks for Barrel Select, once-used bourbon barrels for Double Barrel Reserve, and even Canadian oak barrels for his Confederation Oak. "I have worked with many types of oak barrels and every wood creates a distinctive taste expression."

Innovative and distinct whiskies such as these, along with Hall's new Copper Pot Reserve, fill a growing demand for decidedly flavourful whiskies. So put yesteryear behind you and join a new generation of whisky connoisseurs from around the world.

Why? Because they are discovering the treasure trove of rich new whiskies distilled for us right here in Canada.

– Davin de Kergommeaux

CONNOISSEUR'S APPRECIATION

Canadian Whisky: The Portable Expert takes readers on a journey

through the first systematic presentation of Canadian whisky: How it's made, who makes it, why it tastes the way it does, its history, and the rich, centuries-old folklore surrounding it. For the first time, whisky consumers can approach Canadian whisky with a connoisseur's appreciation.

FORTY CREEK COPPER POT RESERVE: This hearty, handcrafted whisky is rich in toffee with searing chili peppers, bursting rye spices, and refreshing orange peel. $28.45.

FORTY CREEK CREAM: Fresh Ontario dairy cream and Forty Creek whisky lend traces of coconut and soft ice cream to luxurious, chocolate-covered vanilla toffee. $28.95.

WINNING THE WORLD OVER

Rated #1

Gold Medal
Beverage Testing Institute, Chicago, 2010, 2011, 2012

Gold Medal
International Whisky Competition, 2010

Distiller of the Year
Whisky Magazine, Icons of Whisky Canada, 2008

Pioneer of the Year Award
Malt Advocate Magazine, 2007

Double Gold Medal
San Francisco World Spirits Competition

Gold Medal
World Selection, Brussels, Belgium

FortyCreekWhisky.com

Here's a bright idea: Lights!

Design options.
Update your space with some new lighting

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I've always said that the simplest way to change the look of a room is with a new paint colour and some new lighting.

A new light fixture not only adds an attractive accessory to a room but can instantly update a bedside, over a dining table or a hallway.

Add a new light fixture to update your space and then install some dimming switches; you'll be amazed at how different your place will look and feel.

Pendants
Caged styles can be used above kitchen islands, dining tables or in the centre of rooms (with high ceilings). Graphic and modern teardrop cage styles are all the rage and help add a chic industrial look.

Flush mounts
Sleek and more interesting are those cheap 1970-styled canopied fixtures. Classic X-patterns with gold or brass metal finishes are very popular right now.

Table
Look for traditional shapes with trend-setting colours. The neutral gourd style table lamp has been around for a long time and remains a staple in decorating.

Floor
Either very traditional or very modern; discrete yet trendy metal finishes keep the floor reading lamp in style.

The small banker style lights are great for scattering around reading chairs and the end of sofa areas. Interesting, useful and slightly retro in style; the 1960's floor lamps shine a bright light when used to fill a dark corner or highlight artwork.

Charles bronze chandelier, $493
Unfussy lines keep the classic chandelier simple yet stylish. crateandbarrel.com

Mary McDonald Directoire, $695
Architectural style up high; great in hallways and bedrooms.

Koleman floor lamp, $345
Discrete and stylish reading light that keeps tabletops clear.

Satori pendant, $595
Caged style lighting adds an airy and sculptural quality above the table.

Small Triple Gourd, $300
The classic designer shape in updated grey and bronze finishes.

Bristol floor lamp, $795
Shed a bit of light on your favourite art; a great way to brighten a dark corner.

All photos from robertabbey.com

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Vinegar

Eco-friendly cleaning

Is cleaning my home with vinegar enough to kill germs?
-Natalia of Vancouver

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Yes. Acetic acid or white vinegar is a great disinfectant. It also acts as a deodorizer and cuts grease.

And you can tackle household bacteria like salmonella, E. coli and other "gram-negative" bacteria with vinegar.

Gram-negative bacteria can cause infections including pneumonia, bloodstream infections, wound or surgical site infections, and meningitis.

In fact, Heinz has unveiled a stronger version of its white distilled vinegar. Instead of five per cent acetic acid, it has six, which boosts the strength by 20 per cent.

They're calling this new formula … wait for it … "cleaning" vinegar!

How does it work?

According to Canada's National Collaborating Centre for Environmental Health, the acid in vinegar crosses the cell membrane of bacteria and prompts a release of protons, which causes the cell to die.

The new Heinz vinegar will smell stronger, but the odour disappears quickly.

Try finding stronger concentrations of vinegar at eco-friendly stores that carry a variety of green cleaning products and have refill stations.

For example, in Vancouver, The Soap Dispensary sells 12 per cent vinegar. Use it for tough cleaning jobs at full strength — like that dog drool coating your car windows — or dilute it with water as needed.

Five ways to clean with vinegar:

1. Fill the rinse-agent dispenser of your dishwasher with plain white vinegar.

2. Combat pit stains on white T-shirts: Soak clothing in about 60 millilitres of white vinegar and enough water to cover the stain. Leave overnight and then wash with eco-friendly laundry soap.

3. Clean rusty tools: Soak in a pail of white vinegar and brush to clean.

4. Deodorize the toilet: Pour 125 millilitres of white vinegar into the bowl. Let sit 15 minutes and then flush.

5. Remove hard-water deposits on the tub and glass shower doors: Heat 250 millilitres of white vinegar in a pot. Then, spray warm vinegar onto surface, let sit 15 minutes and wipe clean.

Strong vinegar for a strong clean around your home. ISTOCK IMAGES

NHL keeping concerned sponsors in the loop

No end in sight.
League, union meet for fourth time in five days but again talk secondary issues and not core economics

With no end in sight to the NHL lockout, the league is doing all it can to ease the concerns of its sponsors.

A small group of key clients gathered Wednesday afternoon in Toronto for an audience with chief operating officer John Collins, who provided an update on labour negotiations and took questions from participants.

A source indicated that representatives from Molson, Canadian Tire, Sport Chek, Kraft, Sirius XM and Scotiabank participated in the meeting. One attendee called the session "productive" and applauded Collins for taking part.

"They were very transparent with us," said the source, who requested anonymity. "I was looking around the room and the long-term, cumulative contract dollars around the table were probably at the $100-million mark. It's a significant chunk of change for the league."

League officials have held a series of conference calls with business partners in recent months in an effort to keep everyone informed.

With the NHL on hold, sponsors have been forced to abandon plans to activate against the league and some have started channelling money into other projects. Typically, campaigns and product launches take months to pull together — posing a problem for league partners given the uncertainty brought on by the lockout.

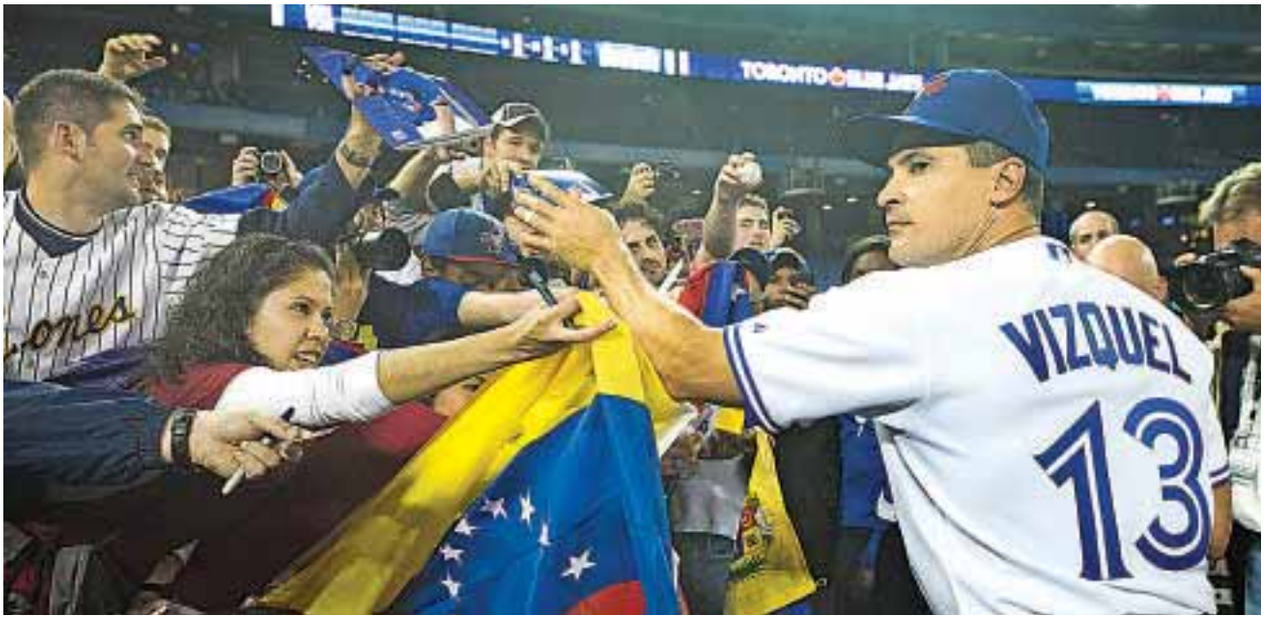
"We don't know when the end line is," said the source.

THE ASSOCIATED PRESS

Sponsorships and growth

Sponsorships played a significant role in the immense growth the league enjoyed after the 2004-05 lockout.

- Twenty-two new partners signed on with the NHL over that period as it geared its calendar around signature events, such as the Winter Classic.



Vizquel bids farewell to fans as Jays close out season

Toronto Blue Jays shortstop Omar Vizquel signs autographs for fans before playing against the Minnesota Twins Wednesday in Toronto. Vizquel plans to retire after the season and last night's game was the season finale for the Jays. NATHAN DENETTE/THE CANADIAN PRESS

MLB. Athletics stun Rangers to claim West

The Oakland Athletics captured the AL West with another improbable rally in a season full of them, coming back from four runs down and a 13-game division deficit to stun the two-time defending league champion Texas Rangers 12-5 on Wednesday.

The Washington Nationals got sized for hats with post-season patches, then beat Philadelphia 5-1 to earn home-field advantage all the way through November, if necessary.

The playoffs begin Friday when the defending World Series champion St. Louis Cardinals visit Chipper Jones and the Atlanta Braves in the winner-take-all NL wild-card matchup. On Saturday night, Cincinnati will be San Francisco in Game 1 of the division series.

Josh Reddick of the Oakland Athletics celebrates Wednesday in Oakland, Calif. GETTY IMAGES

THE ASSOCIATED PRESS

MLB

Darvish gets nod for the Rangers

Yu Darvish will start the Texas Rangers' first playoff game.

Manager Ron Washington announced Darvish as his pick before the Rangers lost their regular-season finale at Oakland 12-5 on Wednesday to wind up as a wild card.

"Of course I'm ready," Darvish said through an interpreter. "I'm going to approach it like any other start. I'll try to pitch well and give my team a chance to win."

The Rangers play in a one-game wild-card playoff on Friday. THE ASSOCIATED PRESS

MLB. Cabrera at ease on the verge of greatness

Miguel Cabrera breezed into the visiting clubhouse at Kauffman Stadium on Wednesday, dressed in a grey suit, looking completely comfortable with his place in the spotlight.

The soft-spoken, often reclusive Cabrera began the day leading the American League in batting average (.331), home runs (44) and RBIs (139), putting him on the precipice of becoming the first baseball player to win the coveted Triple Crown since Boston's Carl Yastrzemski in 1967.

Only the Angels' Mike Trout provided a threat to Cabrera's second consecutive batting title, and the Yankees' Curtis Granderson had a chance of hitting more home runs.

THE ASSOCIATED PRESS

Rare feat

- There have only been 14 players to achieve baseball's version of the Triple Crown, an honour roll that includes iconic players such as Mickey Mantle, Ted Williams and Lou Gehrig.
- Visit metronews.ca/sports for last night's results.

4 SPORTS

Mobile sports

Qriket

Tim Tebow came to Broadway in March as a backup, already a bona-fide star. Now with the Jets 2-2, scores of disappointed New Yorkers wonder why "Tebow Time" shouldn't start on Monday against the undefeated Houston Texans. He may be wondering the same thing.

Raptors big man aiming to extend his body of work

NBA. Bargnani elected to rest over the summer instead of playing for Italy

It's hard to think of Andrea Bargnani as a grizzled old professional as much worried about preserving his mind and body than he is thinking about the next time he'd get on the court.

But after the most disastrous season of his career ended last spring, and frustrated by his inability to complete a stunning metamorphosis, when the summer finally arrived, the enigmatic Roman Raptors big man knew he had to think about self-preservation.

The call of his country was strong. It went unheeded.

Bargnani sat out Italy's run through the summer EuroBasket qualification tournament so he could be 100 per cent ready to continue his ascension from defensive-liability to undisputed top dog with the Raptors.

Quoted

"It was tough mentally, because I had to sit out and watch my teammates play."

Andrea Bargnani on watching from the sidelines last season as he was injured

"Not to work on my body, but to recover from the injury," Bargnani said of the reason for taking the summer off. "I think playing on the national team is great. Every time I go there I learn something, and it's game-time experience, but I'm not 18 anymore.

"If you get three months of rest, it's still good, it's my 11th season as a pro, after playing four years in Europe and this is my seventh season (with Toronto) so it was good to have a couple of months to rest and work on my game by myself, even if I miss eight (qualifying) games."

Bargnani remains the most important Raptor going into a season that will open with unbridled optimism later this month. Any successful team needs its best player to be its best player and the Raptors need Bargnani to be as he was at the start of the 2012 season if the optimism is to be rewarded.

"(I'm) really happy that he's come into camp in great shape, 15 pounds heavier, stronger but he's playing at that high level that we saw last year and I'm excited about it," coach Dwane Casey said after a Raptors workout in Halifax on Wednesday.

"Again, when he plays at that level, he can be an all-star, one of the most talented players in the league, when he plays at that level, and I have all the confidence in the world that he can do that."

TORSTAR NEWS SERVICE

Toronto Raptors veteran Andrea Bargnani wipes his brow during the opening day of training camp in Halifax on Tuesday. Bargnani passed on playing for Italy's national team over the summer so he could enter the upcoming NBA season fresh. TIM KROCHAK/THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Try not to make up your mind too quickly about someone today. It does not matter if your initial impressions are good or bad. Either way, they are going to be an important and positive force in your life.

♉ Taurus
April 21 - May 21
Keep emotions out of what you have to do today. If you allow your feelings to get in the way of common sense, you could make a serious mistake — the kind that costs you money you cannot afford to lose.

♊ Gemini
May 22 - June 21
The message of the stars for you today is quite straightforward: Don't take your luck for granted. Both in your personal life and in your career you will need to work hard to get ahead — and harder still to stay there.

♋ Cancer
June 22 - July 23
You are reading too much into a situation that most times you would simply ignore. You may find it hard to convince yourself that you are overreacting but you really do need to keep things in perspective.

♌ Leo
July 24 - Aug. 23
Today's cosmic alignment warns if you let slip personal information of any kind, it could backfire on you later in the month. Keep what you know to yourself, especially when it is potentially embarrassing.

♍ Virgo
Aug. 24 - Sept. 23
Don't worry if your confidence is at a low ebb because that will change very soon. What also needs to change is the way you approach your work. Are you taking too much for granted? Give it some thought.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to make a decision concerning your future today but with Jupiter now entering one of its retrograde phases, it might be best to put it off to a later date.

♏ Scorpio
Oct. 24 - Nov. 22
Money and investment issues may be causing you a bit of concern but there is probably not much you can do about them at the moment. Trust that everything will turn out right in the end. It usually does.

♐ Sagittarius
Nov. 23 - Dec. 21
Partnerships and relationships have been under good stars of late and that trend is set to continue but that does not mean you no longer have to work at them. What can you do today to improve your affairs?

♑ Capricorn
Dec. 22 - Jan. 20
Attitude is everything. If you think you can succeed, you most likely will. If you think you may fail, you will subconsciously make it happen. Keep believing and keep trying — and you'll keep winning.

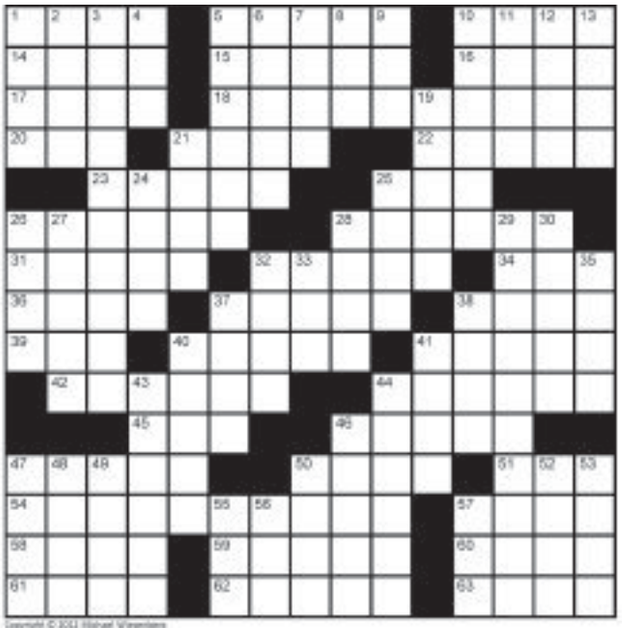
♒ Aquarius
Jan. 21 - Feb. 19
Your confidence may be high, and with good reason, but don't let it carry you away to some fabulous la-la land where everything happened as if by magic. Be positive but keep your feet on the ground, too.

♓ Pisces
Feb. 20 - March 20
Try not to dwell on thoughts that upset you. Focus on areas you can feel happy about and pretend the bad stuff does not exist. You are very sensitive to your environment, which is why you may need to move.

SALLY BROMPTON

Stuff and No Nonsense

BY MICHAEL WIESENBERG



Across
1. Jewelry repository
5. Dreams: Fr.
10. Air Force installation
14. Go ___ great length: ramble (2 wds.)
15. It's west of BC
16. Specialty (in education, say)
17. "All You Need Is ___": 1967 Beatles chart-topper
18. They form the Alberta-BC border (2 wds.)
20. Yoko ___ Lennon
21. Destitute
22. Rental contract
23. People with computers
25. Part of kph or mph
26. Diamond weights
28. Gracious and elegant
31. One at ___: singly (2 wds.)
32. Blacksmith, while tending to horse hooves
34. How-___: instruction manuals
36. Inevitable outcome
37. Eucalyptus lover
38. High: Fr.
39. Before: poetic
40. World's biggest airline, by passengers
41. Popular Toyota model
42. Vancouver ___: Victoria's location
44. Hairpiece
45. PC key usually next to the spacebar
46. Symbolic Canadian leaf
47. "___ Little Prayer": Dionne Warwick hit (3 wds.)
50. Like an owl, proverbially
51. BC Hydro structure
54. Canada's government
57. Mexican coin
58. Norway's capital
59. Cycling legend Armstrong
60. Bend in a sink's pipe
61. Broadway attraction
62. Puts money into a poker pot before cards are dealt
63. African cobras

Down
1. On one's own
2. Before much longer, poetically
3. Teachers' pets
4. Québec summer
5. Copter blades
6. Reverberations
7. Abruptly change course
8. Corn unit
9. ___-Cat: winter vehicle
10. ___ dozen: 13
11. Operatic solo
12. Observes
13. Comfortable state
19. Cloudless
21. Baseball's Rose or Townshend of The Who
24. Identical
25. "Not guilty," for one
26. Bistro
27. "Centipede" and "Asteroids" video game company
28. Pepsi or Coke
29. Calgary CFL team
30. "Tag, ___ it!"
32. Vended
33. Chapeau
35. Eye problem
37. Clark ___: Superman's alter ego
38. Drag along
40. Buddhism's __ Lama
41. Contend with difficulties
43. Played it cool or stayed out of sight (2 wds.)
44. Samples a bit of (food)
46. Chop well, as garlic
47. Wall St. offerings
48. Part of Miss Canada's attire
49. "Alice's Restaurant" chronicler Guthrie
50. Got going
52. Stat!
53. Spill cleaners
55. ___ mode: with ice cream (2 wds.)
56. Chess or checkers piece
57. School fund-raising grp

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	4		6	1	8		3	
1								6
		8				1		
2	7		9		1		5	4
				7				
3	5		8		6		2	9
		9				3		
4								5
	1		3	9	7		4	

Yesterday's Sudoku

Today 21°/8° Variable
Friday 15°/5° Showers 40%
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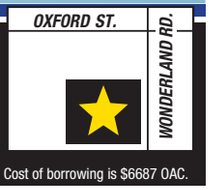

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